

Michigan Families are Under Pressure

Michigan families are navigating a uniquely challenging set of overlapping pressures, including elevated rates of financial hardship, work instability, and caregiving strain.

Strong families are the foundation of a thriving Michigan—and right now, too many families are struggling to stay afloat. New *Quarterly Insights* data show Michiganders bearing heavier financial, caregiving, and emotional burdens than most of their peers elsewhere in the country. Parents are falling behind on rent and mortgages, taking on debt, facing housing instability, and having their utilities cut off. Elder care is squeezing family budgets and exhausting caregivers. More than six in ten respondents reported feeling depressed or hopeless at least once in the past two weeks. Families are simply asking for the living conditions that allow them to thrive, not just survive: work that pays a decent wage, the security of remaining housed and fed without falling into crisis, the ability to plan their days and weeks without constant disruption, and the time and resources to care for themselves and the people they love. These are not extraordinary demands. They are the foundation of a stable life, and yet they are out of reach for too many Michigan families.

		MI	NATIONAL
FINANCIAL HARDSHIP			
In the last 12 months, did you borrow money, take on debt, or use payday/advance products to cover basic needs?	Yes	34%	26%
In the last 12 months, was your home ever without heat, water, or electricity for 24 hours or more due to nonpayment?	Yes	11%	5%
In the last 12 months, were you ever behind on rent or mortgage?	Yes, at least once.	24%	15%
WORK INSTABILITY			
In the last 12 months, did you feel forced to take on additional hours either by financial necessity or through work pressure?	Yes	40%	29%
In the last 4 weeks, how often was your shift canceled, shortened, or extended with less than 24 hours' notice?	Yes, at least once.	36%	25%
MENTAL HEALTH			
Over the last 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless?	Yes, at least once.	61%	50%
CAREGIVING STRAIN			
Do you care for an elderly person?	Yes	8%	10%
Does the cost of elder care or the time needed to care for an elderly person impact your family budget?	Yes	57%	31%
Does caring for an elderly person make it difficult to care for your own children?	Yes	49%	36%
Does caring for an elderly person make it difficult to take care of your own health?	Yes	62%	40%
Does caring for an elderly person make it difficult to engage in paid work as much as you would like?	Yes	46%	31%

YouGov polled 200 Michigan residents along with the nationally representative sample of 1,000 individuals. With a relatively small 'n', the margin of error for Michigan-specific results is +/- 7.9%. This means that the results, while valuable, should be interpreted with caution.